

❖ In the . . . KNOW! ❖

Volume 1 Issue 146

MAY 2009



*"I know that
God will not
give me
anything I
can't handle, I
just wish that
he didn't trust
me so much"*

*-Mother
Teresa*



*"The Community "
Yard Sale
9 May 2009*



MANNHEIM
CONSISTENT EXCELLENT SERVICE

Visit our Web Site
<http://home.mannheim.army.mil/sites/local/>

USBC 2009 All-Stars/Masters Championships BfV Bowling Center invites all qualified members of local associations chartered through USBC to participate in this state level tournament from May 22-25. Bowling competition will be handicap with a separate division for scratch bowlers. Cash prizes will be available depending on the number of participants. Bowlers can sign-up now until May 15. Entries will be accepted on a first come first serve basis, with a maximum of 40 teams, 60 double teams, and 160 singles. For additional information or an entry form, please call DSN 380-9528/CIV 0621-730-9528 or email colleen.gardner@eur.army.mil. BfV Bowling Center is located at Benjamin Franklin Village, Bldg. 724.

Community Yard Sale The Mannheim Community will hold a Yard Sale on 9 May from 0800-1400 hrs. This event is open to U.S. ID Card holders only. BfV residents, with the exception of those living on Washington & Lincoln Streets, may set up their sales in front of their Quarters. Off post residents, and residents who live on Washington & Lincoln Streets can set their sales up in the BfV Bowling Alley parking lot. All items being sold must be used personal items. No new or commercial items may be sold. For additional information, please call DSN 385-3169/Civ 0621-730-3169.

2009 Asian Pacific Islander Heritage Month The Mannheim Community celebrates it's annual Asian Pacific Islander Heritage event on 18 May. @ 1300 -1400 hours in the Top Hat Club on Sullivan Barracks. Community members are invited to come and participate. For more Info call DSN 385-3055 or CIV 0621-730-3055

Mannheim Idol Audition Mannheim FMWR is looking for local talent to participate in its first Mannheim Idol! First audition (June 6) and competition rounds (June 13, 20 & 27) will take place at the Top Hat Club. The finals (July 4) will be held at the Mannheim German-American Summer Fest. This talent competition will have the following age categories: Youth (8-12), Teen (13-17), and Adult (18+).

All three category winners will win fantastic prizes and will be invited to perform at special community-wide events throughout the year. To sign up or for additional information, please call DSN 385

-2342

or ci-
vilian
0621-
730-
2342.



Spring Cleanup May 2009

4-8 May:	Funari Barracks
7 May:	BfV Housing area & Single Soldier Qtrs

Mannheim Idol Audition

Mannheim FMWR is looking for local talent to participate in its first Mannheim Idol! First audition (June 6) and competition rounds (June 13, 20 & 27) will take place at the Top Hat Club. The finals (July 4) will be held at the Mannheim German-American Summer Fest. This talent competition will have the following age categories: Youth (8-12), Teen (13-17), and Adult (18+).

All three category winners will win fantastic prizes and will be invited to perform at special community-wide events throughout the year. To sign up or for additional information, please call DSN 385-2342 or civilian 0621-730-2342.

Community Yard Sale

USAG Mannheim hosts a Community Yard Sale on May 9 from 8 a.m.-2 p.m. Benjamin Franklin Village residents, with the exception of those who live on Washington & Lincoln Streets, may set up their stalls/ or items in front of their quarters. Residents residing on Washington and Lincoln Streets, as well as off post residents will set up in the parking lot located in front of the BFV Sports Arena/BFV Bowling (Benjamin Franklin Village, Bldg 736 or 724). Personnel requiring use of tables may rent them from the Mannheim Outdoor Recreation Center located on Taylor Barracks, Bldg. 357. Only personnel with valid U.S. I.D. cards may sell and only personnel with SOFA status in Germany may make purchases. All items being sold must be used personal items. No new or commercial items may be sold. Buyers and sellers alike participating in this event must focus on safety and not impede traffic. All vehicle traffic in the vicinity of the yard sale should be alert at all times to increased pedestrian traffic. Also, residents are responsible for ensuring that all items are removed and properly disposed of following the Yard Sale. For additional information, please call DSN 385-3169 or civilian 0621-730-3169.

USBC 2009 All-Stars/Masters Championships

BFV Bowling Center invites all qualified members of local associations chartered through USBC to participate in this state level tournament from May 22-25. Bowling competition will be handicap with a separate division for scratch bowlers. Cash prizes will be available depending on the number of participants. Bowlers can sign-up now until May 15. Entries will be accepted on a first come first serve basis, with a maximum of 40 teams, 60 double teams, and 160 singles. For additional information or an entry form, please call DSN 380-9528/CIV 0621-730-9528 or email colleen.gardner@eur.army.mil. BFV Bowling Center is located at Benjamin Franklin Village, Bldg. 724.

Annual German-American Summer Fest

Families head to Mannheim for fun carnival rides, live entertainment, fireworks, food & beverages and much more from July 3-12. This event will take place at the BFV Bowling & Top Hat Club parking located at Benjamin Franklin Village. To enter the fest ID cards will be checked, and patrons are encouraged not to bring bag packs. Stay tuned for fest hours of operation and entertainment schedule. For additional information, please call DSN 385-3169 or CIV 0621-730-3169.

Apollo Amateur Talent Show & After Party

Get your act together now to win big cash on July 11 starting at 9 p.m. It's the audience who decides who walks away with the \$1000 cash prize. The show takes place at the Schuh Theater (Benjamin Franklin Village, Bldg. 735) followed by an after party at the Top Hat Club (Benjamin Franklin Village, Bldg. 738). All participants and patrons must be at least 18 years old. Interested participants must sign-up before June 27. Tickets are \$10 in advance and \$15 at the door. To sign-up or to purchase show tickets, call one of the following numbers listed below.

Mannheim/Kaiserslautern: 01511-162-1992

Heidelberg: 01515-125-1285

Darmstadt/Wiesbaden: 01512-305-4410

Winger's

Mother's Day Special: All moms get a free Asphalt Pie/Concrete Pie with the purchase of an entrée on May 10. (Dine in only)

Month of May Special: The Original Grilled Chicken Salad is only \$5.95!
Benjamin Franklin Village, Bldg. 738; 380-9580 or 0621-730-9580

Primo's Express

April- June Promotion: Get two large 2 topping pizzas and 10 buffalo tenders for just \$35!

Lunch & Bowl: Wed., 11 a.m.-1 p.m.

All active-duty Soldiers in uniform who order a combo meal receive a free bowling coupon.

Combo Meal Special: Buy 6 combo meals and the 7th is free!

Wednesday Special: 99¢ pizza & drink night (for Spouses of Deployed Soldiers- pick up your card from your FRG now!)

Family Day: Take a dollar off each large pizza during Thursday's Family Day!

Pizza to Go- Take a hot one home! Call ahead and get your pizza to go.

BFV Bowling Center- Benjamin Franklin Village; Bldg. 724; 380-9499 or 0621-730-9499

Top Hat Club

R&B Variety Friday hosted by DJ Spike: May 1, 8 & 29; 8 p.m.-1 a.m.

Variety Karaoke and 70's & 80's R & B Groove: May 2, 9, 16, 23 & 30; 8 p.m.-4 a.m.

Blue Sunday hosted by DJ Big Money: May 3 & 17, 5-9 p.m.

Enjoy a night of R&B Oldies, card/dominos games, & free food.

Free Memorial Day Hip-Hop All Nighter hosted by Dev Rico: May 24, 10 p.m.

Fashion Show & After Party: May 29, 8 p.m.

Check out the latest fashion and get your groove on at the after party hosted by DJ Rob Money.

Tickets are \$7 in advance and \$10 at the door. Female and male models of all shapes and sizes are being sought. If you are interested in modeling, please call 0151-5428-2645 no later than Apr.

17. Participants and patrons must be 18 years of age and older.

Party: Every Fri. starting 5 p.m.

Free food & great tunes

Benjamin Franklin Village, Bldg. 738; 380-9370 or 0621-730-9370

The Cove

Rock Night: May 1, 8, 15, 22 & 29; 8-3 a.m.

Country Music Night: May 1, 8, 15, 22 & 29; 9:30 p.m.-3 a.m.

Featuring line dancing class (7:30-9:30 p.m.) & a rodeo bull (\$5)

No Limit Texas Hold'em Tournament: May 1 & 15; 7 p.m.

Karaoke Night: May 2, 9, 16, 23 & 30; 9 p.m.-2 a.m.

Caliente Cinco de Mayo Party: May 5, 7 p.m.-12 a.m.

The night includes Karaoke with Spanish songs, Latin music played by DJ Pimp Flower, and Mexican finger food. Entry is free!

History of Hip-Hop with DJ Pimp Flower: May 7, 14, 21 & 28; 8 p.m.-1a.m.

25¢ Taco Tuesday & Krazy Karaoke: May 12, 19 & 26; 7-11 p.m.

Free Hip-Hop All Nighter hosted by DJ Pimp Flower: May 21 & 24, 8 p.m.

Live Rock Music: May 21, 10 p.m. (\$5)

Sullivan Barracks, Bldg. 240; 385-2884 or 0621-730-2884

Mike's Pub

Get connected at the Cyber Café Mon.-Fri.: 6:30 a.m.-10 p.m. and weekends & holidays 3-10 p.m.

Coleman Barracks, Bldg. 25; 382-4320 or 0621-779-4320

Al's Sports Bar

Su Sports Night- Games on the big screen, 4-9 p.m.

M Oldies Night- Listen to sounds of the past, 4-10:30 p.m.

Tu Old Movie Night- Bring in your favorite DVD, 4-10:30 p.m.

Th Over the Hump Day- Customer appreciation with free food, 4-10:30 p.m.

Sa Game Night- Stop by to play poker, spades, and dominoes. A lucky winner wins a free trip! Also 7 p.m.

Located inside BFV Bowling Center- Benjamin Franklin Village, Bldg. 724; 380-9499/9528 or 0621-730-9499/9528

BFV Bowling Center

Get connected... **Wi-Fi** is available at your local bowling center.

Be part of the Bowlopolis Adventure! Bowlopolis is an imaginary bowling center where everyone, young and old look to bowling for happiness, livelihood, identity and love of the sport! Book a birthday party and the birthday boy or girl (ages 4-12) receives a free 3-D animated DVD that captures the imagination! Join the adventure at www.bowlopolis.com.

Dollar Day Bowling: May 3 & 17; 2-6 p.m.

\$1 games & 50¢ shoe rentals

Sunday Special: May 10 & 24; 2-6 p.m.

Bowl 2 games and the next one is free.

USBC 2009 All-Stars/Masters Championships: May 22-25

All qualified members of local associations chartered through USBC are invited to participate in this state level tournament. Please call or email at colleen.gardner@eur.army.mil to register.

Come out and watch bowlers from all over Europe! Tournament starts each day at 9 a.m.

Sorry, no open bowling or parties during the tournament.

Monday Night Family Fun League: Mondays, 7-9 p.m.

Red Pin Bowling: Tuesdays, 4-8 p.m.

Bowl a strike with the head pin in the number 1 position and win a free 7 inch pizza or a free game.

Lunch & Bowl: Wednesdays, 11 a.m.-1 p.m.

All active-duty Soldiers in uniform who order a combo meal receive a free bowling coupon.

Deployed Spouses Night: Wednesdays, 4-9 p.m.

Spouses of deployed Soldiers pay just 99¢ for each- games, shoe rentals, and pizza slices. Pick up your deployed spouses card from your FRG.

Family Day: Thursdays, 4-8 p.m.

All kids bowl free when accompanied with a parent. Also take \$1 off any large pizza.

TGIF Bowling League: Fridays, 7-10 p.m.

Youth Bowling League: Saturdays, 10 a. m.-12 p.m.

Cosmic Bowling: Saturdays, 6 p.m.-12 a.m.

Enjoy an out of this world experience with our upgraded lights, fog & sound system!

Special Group Rates for Parties: Looking for a place to host a birthday party, promotion party, FRG meeting, baby shower, or meeting? Call to ask about our special group rates.

Benjamin Franklin Village, Bldg. 724; 380-9499/9528 or 0621-730-9499/9528

Coleman Bowling Center

Lunch & Bowl: Wednesdays, 11 a.m.-1 p.m.

All active-duty Soldiers who order a combo meal receive a free bowling coupon.

Early Bird Bowling: Weekdays, 6:30-10:30 a.m.

\$1 games, 50¢ shoe rentals & free coffee

Weekday Special: Weekdays, 10:30 a.m.-5 p.m.

\$1.50 games & 75¢ shoe rentals

Weekend Fun: Sat., Sun. & Hol., 3-10:30 p.m.

\$1.75 games & 75¢ shoe rentals

Coleman Barracks, Bldg. 25; 382-4320 or 0621-779-4320

Coleman Catering Center

Book Your Function- Big or small, CCC does it all. We can accommodate up to 300 people.

Catering To Go- Let CCC cater your next party on post. We deliver to you!

Coleman Barracks, Bldg. 86; 382-4320 or 0621-779-4320

Tax Relief Office

VAT Form: Save 19% off most purchases on the German economy with the VAT Form. Our office accepts credit card for VAT Form purchases. Hours of operation are open Mon. - Fri. from 8 a.m. - 4 p.m.
Sullivan Barracks, Bldg. 250; 380-1780 or 0621-730-1780

Auto Skills Center

May Speedy Lube Promotion- Take \$2.50 off semi-synthetic and \$4 off full synthetic oils
Speedy Wash- Purchase the "6 for the price of 5 wash special" and save \$5 or \$9. Prepaid cards are available inside the facility. Hours of operation are Mon., Tues., Wed., & Fri., 10 a.m.-6:30 p.m.

Vehicle Donation- Give us a call to get rid of that unwanted vehicle.

Towing services are available Mon.-Fri., 7:30 a.m.-4:30 p.m.

Auto Skills Center Hours of Operation: Mon.-Fri., 11 a.m.-7 p.m.; Thurs., 12-7 p.m.; Sat., Sun., & Training holidays, 9 a.m.-5 p.m.; federal holidays, closed
Taylor Barracks, Bldg. 426 - next to the car wash; 381-8649 or 0621-730-8649

Mannheim Outdoor Recreation

Please book your trips in advance.

May 1: National Bike Month- Celebrate National Bike Month by riding your bike to work, school or on that leisure weekend ride. Don't forget the traditional May Day (German holiday) bike ride along the Bergstrasse in the Odenwald.

May 2, 16 & 23: Paintball Play Day- Come as a unit or solo!

May 3: Stuttgart Zoo- Spend a fantastic family day at one of the largest zoos in Germany.

May 9: Bike Repair Clinic- Learn how to work on your own bicycle such as fixing a flat tire, adjusting gears, and performing general maintenance.

Bicycle Month: ODR offers a 15 % discount on bike rentals and the special bike tours in celebration of Bicycle Month.

Camping Equipment: Pick up various camping equipment including tents, sleeping bags, stoves, heaters, and ice chests.

Transport Trailers- ODR has transport "YOU HAUL IT" trailers for rent.
Taylor Bks., Bldg. 357; 381-7215 or 0621-739-251

Sullivan Gym

Physical Fitness Training: May 12, 10-11 a.m.

Units can learn how to use the various fitness machines, receive a free body fat analysis, and get free fitness tips and more.

Fitness Orientation: May 14, 11:30 a.m.-12:30 p.m.

Learn how to use various fitness machines and receive fitness tips.

Fitness for Life- Mon. & Wed.; 7:15-8:15 a.m.

Learn about dieting, nutrition, motivation, and more.

Massage Therapy & Body Treatments are now offered by appointment!

Beginning and intermediate **Yoga classes** are also available every Tuesday, Wednesday and Thursday. Call for details.

Sullivan Barracks, Bldg. 237A; 385-2001/3314 or 0621-730-2001/3314

Youth Services (Child, Youth & School Services)

Special event: May 9, 6-8 p.m.

Come celebrate Mother's Day! Youth will serve a 4 course meal, and there will be various fun activities. Open for all Youth Program Members and their families! Please RSVP no later than May 4.

May 1, 4-5 p.m.: Ultimate Journey- Learn about and explore nature (bugs, birds, trees, fish, animals, minerals, etc).

May 1, 13 & 27, 5-6 p.m.: Club Tech- Build your own web page, explore the internet, and build computer skills.

May 6, 4-5 p.m.: Keystone Club- A teen leadership club for ages 15-18

May 7, 4-5 p.m.: **Money Matters**- Youth learn the way to use checking/saving accounts and how to create a budget.

May 7 & 21, 4-5 p.m.: **Image Makers (Photography)**- Experiment different camera and photo techniques

May 11, 4-5 p.m.: **Career Launch**- Teens ages 13 -18 find out more about careers & mentoring programs, plus receive a Portfolio that contains a Teen Tips booklet with helpful interviewing and on-the-spot job tips.

May 12 & 26, 4-5 p.m.: **Project Learn**- Enhance the skills and knowledge young people learn at school through "high-yield" learning activities.

May 13 & 27, 4-5 p.m.: **Passport to Manhood**- Male youth learns about different aspects of being a teen.

May 14, 5-6 p.m.: **Promise Passport**- Find out more about volunteering in your community.

May 15, 4-5 p.m.: **Dragon Fly Quest**- Take a unique scientific investigative journey and demonstrate how to engage in the process of scientific investigation.

May 15, 5-6 p.m.: **YAC (Youth Action Council)**- Youths voice your concerns and issues at Youth Town Hall Meetings.

May 22, 5-6 p.m.: **Youth Sponsorship**- Youth help incoming youth adjust and understand our program and clubs throughout the community.

May 27, 6-7 p.m.: **4 - H Club**- Cooking Club, Photography Club, Middle School Council, and High School Council combined in one.

Wed. & Thurs., 4:30-5:30 p.m.: **Triple Play**- Triple Play is a game plan for the mind, body, and soul. It improves youth knowledge of healthy habits, increases the number of hours per day of physical activities, and strengthens the ability to interact positively with others.

Mon. - Fri., 3-4 p.m.: **Power Hour**- A tutor is available to assist with your homework.

Mon. - Fri., 4-6 p.m.: **Character Counts**- Learn about character building and more.

Tues., 4 - 5 p.m.: **SMART Girls**- Female youths learn about different aspects of teen life.

Tues., Thurs. & Fri., 3-6 p.m.: **Fitness Authority**- Youths learn how to exercise properly and to "double dutch". Healthy eating tips will also be available. (Partnered with Sullivan Gym)

Mon. - Fri., 4-5 p.m.: **Fine Arts Club**- Kids can learn about various aspects of culture including museums, art, dance, music, theatre, arts & crafts, and much more.

Wed., 4-5 p.m.: **Healthy Eating Club**- Youths learn how to prepare a simple and healthy snack (Partnered with the WIC Program)

Thurs., 4-5 p.m.: **Torch Club**- A middle school leadership club for youths ages 11-14

Sat., 1-3 p.m.: **Movie Time**- Select a movie from our collection of movies and watch it with your friends.

Hours of Operation: Mon. - Thurs. (3-8 p.m.); Fri. (3-10 p.m.); Sat. & school out days (1-10 p.m.), and closed Sunday & federal holidays. We offer a **healthy snack** everyday at 3 p.m. Benjamin Franklin Village, Bldg. 696; DSN 380-4864/9997 or CIV 0621-730-4864/9997

School Liaison Transition Services (Child, Youth & School Services)

Are you PCSing soon? Individual or Unit School Transition Workshops available upon request.

Please contact the School Liaison Officer, Bldg 696

Rm 204, DSN 380-4212 CIV 0621-730-4212.

Central Enrollment and Registration Information (Child, Youth & School Services)

Super Saturday will be held at the Child Development Center (CDC) on May 9 from 10 a.m.-4 p.m. Child care will be open to families who have a current registration with CYS Services.

Please contact the CDC (380-4851/4850 or 0621-730-4850/4851) to make your reservations.

Reservations will be accepted a month in advance.

FRG/ Unit Night will be held at CDC on May 21 from 5:30-8:30 p.m. Child care will be available ONLY to those families who will be attending FRG or deployment related meetings. Children must have a current registration with CYS Services. Please contact Central Registration (385-2750/2353 or 0621-730-2750/2353) to make your reservations. Reservations will be accepted a month in advance.

Parents' Night Out will be held at CDC on May 29 May from 6:30-10 p.m. Child care will be open to families who have a current registration with CYS Services. Please contact the CDC (380-

4851/4850 or 0621-730-4850/4851) to make your reservations. Reservations will be accepted a month in advance.

Family Child Care (Child, Youth & School Services)

Unauthorized child care in government housing is prohibited!

Become a Family Child Care (FCC) provider. Some of the many benefits include:

- No cost liability insurance
- Utilization of equipment and resources from the FCC Lending library
- Reimbursement for food expenses, participating in the Subsidy Program
- Marketable credentials and career advancement
- Ongoing professional training

To inquire about becoming an FCC Provider or to report unauthorized childcare, please contact Family Child Care. All reports will remain confidential.

Benjamin Franklin Village, Bldg. 742; 380-9668 or 0621-730-9668

SKIES Unlimited (Child, Youth & School Services)

Register now for piano, music for beginners, TAE-BO, arts and crafts, cooking and baking, voice lessons, youth technology, and basic sports at the Central Registration Office located Sullivan Bks., Bldg. 255 in room 106.

Piano Lessons are available Tuesday & Thursday for ages 3-18. (Located BFV, Bldg. 696)

Kindermusic (music for beginners) is available Wednesdays and Thursdays for ages 2-8.

(Located at BFV, Bldg. 678)

TAE-BO is available on Wednesdays for ages 4-18. (Located at BFV, Bldg. 725)

Ballschule (basic sports) is available on Mondays for ages 3-8. (Located at BFV, Bldg. 725)

Arts & Crafts is available Mondays & Wednesdays for ages 3-9 and Thursdays for ages 10-18.

(Located at BFV, Bldg. 678)

Cooking & Baking is available Tuesdays for ages 3-9 (Parent and Me) and Thursdays for ages 10-18. (Located at BFV, Bldg. 699 & 696)

Voice Lessons are available Wednesdays & Fridays for ages 4-18 and on Mondays for group sessions. (Located at BFV, Bldg. 696)

Fischertechnik (youth technology) is available on Mondays & Fridays for ages 4-18. (Located at BFV, Bldg. 678)

Ballet, Tap & Jazz Dance lessons are available for ages 3-18.

For more information, please contact DSN: 380-9290, CIV: 0621-730-9290 or

Darren.Brown3@eur.army.mil

Sullivan Library

Scrapbook Club: May 2, 16 & 30, 12-3 p.m.

Bring your materials and get together with other creative people.

Film Screening: May 2, 16 & 30, 4-5:30 p.m.

See award-winning foreign or independent film for free!

Adults Brown Bag Book Discussion Group: May 12, 12-1 p.m.

Bring your lunch and be ready to discuss good books

Teen Book Discussion Group: May 27, 4-5 p.m.

Share your favorite books.

Anime Club: May 20, 4-5:30 p.m.

Join us for free movies; show off your drawings.

Story Hour: Thursdays, 10:30-11:30 a.m.

Toddlers can enjoy great stories and fun craft.

Teen Advisory Board: Thursdays, 4-5 p.m.

Have a say in program planning and book purchases for the Library. Work on a "Zine" together.

*A zine is a small booklet of your drawings, writings, and photographs that you'll put together to share with friends and family.

New Hours of Operation: Tuesday-Thursday (10 a.m.-7 p.m.); Friday & Saturday (10 a.m.-6 p.m.); Sunday, Monday & German holidays (closed)

Volunteer at your library! Help plan programs and choose materials.
Develop planning and leadership skills.
Sullivan Bks., Bldg 252; 380-1740 or 0621-730-1740

Army Community Service

Resume Writing: May 5, 10-11 a.m.

Learn about resume writing techniques.

Sponsorship Training for Soldiers: May 6, 3-4 p.m.

Leaders and Soldiers learn about S-Gate and how to be a good sponsor. The training also explains the requirements of AR 600-8-8 and AE Reg 600-8-8. (Sullivan Bks., Bldg. 255 in the basement)

Mannheim Orientation Spouses' Tour (MOST): May 11-13, 9 a.m.-2 p.m.

The three-day orientation for Mannheim newcomers is open to spouses of active duty and civilian employees. MOST includes language instruction, information on your new community, and two tours off post. (Located at the USO, Sullivan Bks., Bldg. 254)

Resumix Workshop: May 12, 10-11 a.m.

Learn how to use the CPOL website and to post/edit your Resumix.

Family Readiness Group (FRG) Leader 101: May 12, 9 a.m.-12 p.m. & 5:30 -8:30 p.m.

Leader 101 includes an overview of the key factors essential to leading and managing an effective and successful FRG, guidance on managing volunteers, and information on support networks and community resources available to FRG Leaders. (Mandatory for FRG Leaders & recommended for anyone holding an FRG position).

Resume Writing: May 15 & 19, 10-11 a.m.

Learn about resume writing techniques.

Family Readiness Group (FRG) Key Caller & POC Training: May 19, 9:30-11:30 a.m. & 5:30-7:30 p.m.

This training covers the procedures to use when contacting Soldiers and family members, information on using phone trees, maintaining rosters, and using community resources. (Call for class location)

Sponsorship Training for Leaders: May 20, 3-4 p.m.

Unit leaders, sponsorship program managers, and trainers learn their responsibilities in establishing and maintaining an effective sponsorship program. (Located at Sullivan Bks., Bldg. 255 in the basement)

Multicultural Club: May 26, 11:30-1 p.m.

The Multicultural Club is a fun and active group that offers community members from all around the world the opportunity to build close friendships with each other while sharing their cultures. Members can experience various cultures through activities and events that promote awareness and foster appreciation of the multiethnic makeup of our community. (Located at the USO, Sullivan Bks., Bldg. 254)

Tschuess Teens: May 27, 3:30-4:30 p.m.

This class helps teens (grades 7-12) adapt to their upcoming move from Mannheim. An open discussion in presence of Military and Family Life Consultants (MFLC) is conducted to assist teens in creating a positive outlook. This class also provides teens with valuable information about their new home and community. (Parents should disclose info about their next duty station when registering their children for the class.)

Toddler Parenting Class: Every Mon., 9-10 a.m.

Learn how to build and maintain a healthy relationship with your toddler.

Installation Volunteer Orientation/Training: Every Mon. & Wed., 1-2 p.m. & 3-4 p.m. (Also 1st Wed., 5-6 p.m.)

Installation volunteers are assisted with volunteer registration, learn how to maneuver on the www.myarmylife.com website, and become knowledgeable with the new online registration.

English as a Second Language: Mon., Wed. & Fri. 9-11 a.m.; Tues & Thurs., 6-7:30 p.m.

English as a Second Language (ESL) is designed for community members whose native language is not English. The course reviews speaking and listening skills needed to effectively communicate in everyday life. (Morning classes are held at the USO, Sullivan Bks., Bldg. 254.)

School Age Parenting: Every Tues., 9-10 a.m.

Learn how to build and maintain a healthy relationship with your child/children.

Levy & Out-processing Briefing: Every Tues., 1-2:45 p.m.

The mandatory Levy Brief for Soldiers covers everything needed about an upcoming PCS.

Spouses are encouraged to attend. (BFV, Bldg. 255, room 8 in the basement)

Account & Budget Management: 3rd Tues. of every month, 9-11:30 a.m.

Learn how your credit and your future are affected by past debts. Appointments are also available for one-on-one investing advice.

Mom and Me Play Group: Every Wed., 10-12 p.m.

The interactive playgroup helps improve your child's motor, social, and cognitive skills. (BFV, Bldg. 725)

Hearts Apart: Support Group for Waiting Spouses and Family Members of Deployed

Soldiers: Every Wed., 11:30 a.m.-1 p.m.

Topic: Strategies to Help You to Keep Your Resolutions during the New Year (Located at Sullivan Bks., Bldg 313C)

Hearts Apart Support Group Brownbag Workshop: 3rd Wed. of each month, 11:30 a.m.-1 p.m.

Join us for lunch and conversation!

Organization POC VMIS Training: Every 1st & 3rd Thurs. 3-4 p.m. (also 1st Thurs., 5-6 p.m.)

With the new Volunteer Management Information Tool (VMIS) online, Organization POC (OPOC)

/Volunteer supervisors can manage their volunteers more effectively without further paperwork.

Healthy Relationships: 3rd Thurs. of each month, 2-4 p.m.

This is an interactive class offering basic discussions on the identification and exploration of healthy marriages/intimate relationships based on equality and partnership.

Stress Management: Call for date & time

Learn practical ways to handle stress.

Anger Management: Call for date & time

Choose a healthy lifestyle by learning how to identify your stressors.

Communication Class: Call for date & time

Learn how to communicate effectively with all individuals.

Exceptional Family Member Program (EFMP) Respite Care: Mannheim has a new Respite

Care program for Exceptional Family Members already enrolled in the Exceptional Family

Member Program in a deployment cycle.

EFMP New Hours: Mon.-Wed. & Fri., 8:30-11 a.m. & 1-3:30 p.m.; Thurs. 1-3:30 p.m.

Sullivan Barracks, Bldg. 253; 385-3101 or 0621-730-3101